



Weekly Menu

Union Court MC



	Sun 12-03-2023	Mon 12-04-2023	Tue 12-05-2023	Wed 12-06-2023	Thu 12-07-2023	Fri 12-08-2023	Sat 12-09-2023
BREAKFAST	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
	3 oz Autumn Pot Roast 1/2 c Classic Mashed Potatoes 1/2 c Buttery Carrots	1 cup Pierogies and Sausage 1/2 c Vegetable Medley	3 oz Baked Ham 1/2 c Red Potatoes 1/2 c Baked Squash	3 oz Bacon Ranch Chicken 1/2 c Red Potatoes 1/4 c Cranberry Sauce	1 - Crispy Fish Sandwich 3 oz French Fries 1/2 c Coleslaw	3 oz Herb Crusted Turkey 1/2 c Garlic Mashed Potatoes 1/4 c Cranberry Sauce 1/2 c Vegetable Medley	Pc 3" Classic Lasagna 1 c Bacon Lettuce Salad 1 oz Garlic Bread
DINNER	1 - Classic Turkey Sandwich 1/2 c Assorted Fruit 2/3 c Garden Pasta Salad	1 c Hamburger Soup 1/2 c Assorted Fruit 1 - Bread	1/2 c Egg Salad 1/2 c Assorted Fruit 1 oz Chips	1 c Classic Beef Stew 1/2 c Peach Fruit Cup 1 - Baked Roll	1 - Hot Dog 1 - Fruit Cup 1/2 c Baked Beans with Bacon	1 c Basic Ham and Bean Soup 1/2 c Fruit 1 - Bread	1 c Chicken and Noodles 1 - Fruit Cup 1 - Bread
	Milk offered at every meal						Week 4

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	Sun 12-10-2023	Mon 12-11-2023	Tue 12-12-2023	Wed 12-13-2023	Thu 12-14-2023	Fri 12-15-2023	Sat 12-16-2023
B R E A K F A S T	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
	3 oz Beef Roast 1/2 c Classic Mashed Potatoes 1/2 c Buttery Carrots	1 - English Muffin Cheese Pizzas 2/3 c Antipasto Salad	3 oz Pork Roast with Gravy 1/2 c Classic Mashed Potatoes 1/2 c Vegetables	1/2 c Bacon Cheddar Ranch Chicken Salad 1/2 c Macaroni and Cheese 1/2 c Vegetable Medley	3 oz Baked Cod Fillet 4 oz Waffle Fries 1/2 c Vegetable Medley	3 oz Grilled Shrimp 1 c Chicken Broccoli Stir-Fry 1/2 c Brown Rice 1/2 c Vegetable Medley	1 - Hamburger 'N Fixin's 1/2 c Potato Salad 1/2 c Vegetable Medley
D I N N E R	1 c Beef and Vegetable Soup 1/2 c Fruit Cocktail 1 - Cornbread Muffin	1 c Beef Goulash 1/4 c Jello Salad 1 - Bread	1 - Ham and Swiss Slider 1/2 c Fruit Cocktail 1/2 c Sweet Potato Fries	1 c Beef Barley Soup 1/2 c Assorted Fruit 1 - Baked Roll	5 oz Three Cheese Ravioli 1/2 c Assorted Fruit 1 - Garlic Breadsticks	1 - Bologna Sandwich 1/2 c Vegetable Pasta Salad 1 oz Chips	1 - Chicken Salad and Crackers 1/2 c Fruit
	Milk offered at every meal						Week 5

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Weekly Menu

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	Sun 12-17-2023	Mon 12-18-2023	Tue 12-19-2023	Wed 12-20-2023	Thu 12-21-2023	Fri 12-22-2023	Sat 12-23-2023
B R E A K F A S T	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
	3 oz Beef Pot Roast 1/2 c Classic Mashed Potatoes 1/2 c Buttery Carrots	3 oz Brown Sugar Meatloaf 1/2 c Baked Beans 1/2 c Applesauce	3 oz Breaded Chicken Breast 1/2 c Classic Mashed Potatoes 1 c BLT Salad	2 oz Chicken Nuggets 1/2 c Macaroni and Cheese 1/2 c Vegetable Medley	3 oz Country Fried Steak with Gravy 1/2 c Noodles 1/2 c Vegetable Medley	3 oz Smothered Cube Steak 1/2 c Noodles 1/2 c Vegetable Medley 1/2 c Orange Sherbet Dish	3 oz Baked Cod Fillet 4 oz Waffle Fries 1/2 c Vegetable Medley
D I N N E R	1 c Beef and Vegetable Soup 1/2 c Assorted Fruit 1 - Baked Roll	1 slice Crazy Crust Pizza 1 c Bacon Lettuce Salad	1 c Ham and Potato Soup 1/2 c Fruit Cocktail Salad 1 - Baked Roll	1 c Beef Bake Stew 1/2 c Assorted Fruit 1 - Baked Roll	1 - Caprese Chicken Sandwich 1/2 c Assorted Fruit 1/2 c Potato Salad	1 - Bologna Sandwich 1/2 c Fruit 1 oz Chips	1 c Baked Spaghetti 1 - Breadstick
	Milk offered at every meal						Week 1

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	Sun 12-24-2023	Mon 12-25-2023	Tue 12-26-2023	Wed 12-27-2023	Thu 12-28-2023	Fri 12-29-2023	Sat 12-30-2023
B R E A K F A S T	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 - Buttermilk Cinnamon Rolls	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice
	3 oz Autumn Pot Roast 1/2 c Garlic Herb Mashed Potatoes 1/2 c Buttery Carrots	3 oz Stuffed Chicken Breast 1/2 c Classic Mashed Potatoes 1/2 c Green Bean and Bacon Casserole	3 oz Glazed Pork Roast 1/2 c Garlic Mashed Potatoes 1/2 c Vegetable Medley	1 - All Beef Hot Dog 1/2 c Macaroni and Cheese 1/2 c Vegetable Medley	3 oz Hamburger Steak and Onions 3 oz Steamed Red Potatoes 1/2 c Vegetables	3 oz Baked Cod Fillet 1/2 c Potato Wedges 1/2 c Vegetable Medley	3 oz Country Fried Steak with Gravy 1/2 c AuGratin Potatoes 1/2 c Herb Roasted Vegetables
D I N N E R	1 - Homestyle Sloppy Joes 1/2 c Assorted Fruit 1 oz Chips	1 - Open Face Hot Turkey Sandwich 1/2 c Fresh Fruit Cup	1 c Cheese Tortellini 1/2 c Pears 1 - Baked Roll	3 oz Bread Crumb Chicken 1/2 c Raspberry Jello Salad 1/2 c Fresh Mashed Potatoes	1 - Ham and Swiss Slider 1/2 c Assorted Fruit 2/3 c Garden Pasta Salad	1 c Beef Barley Soup 1/2 c Berry Jello 1 - Baked Roll	1 c Beef Chili 1/2 c Berry Jello 1 - Baked Roll
	Milk offered at every meal						Week 2

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